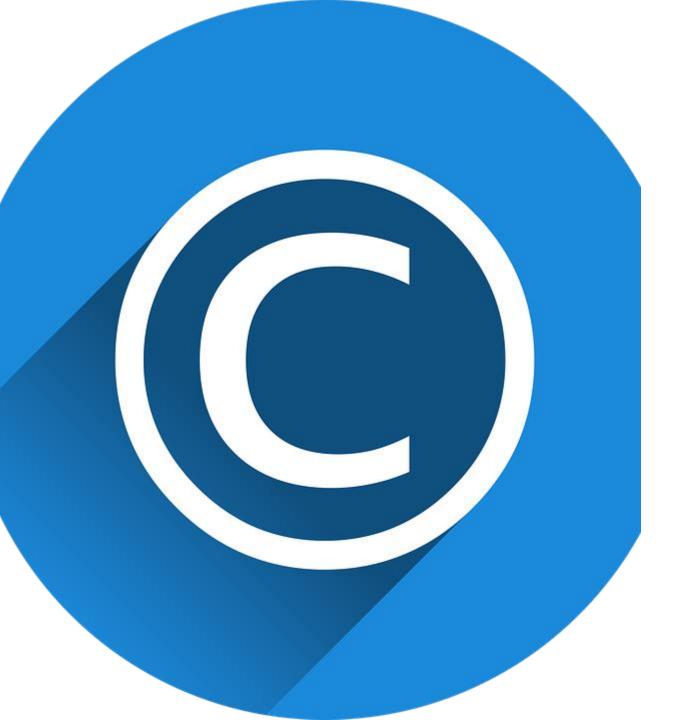
How much Sugar is in those Drinks?

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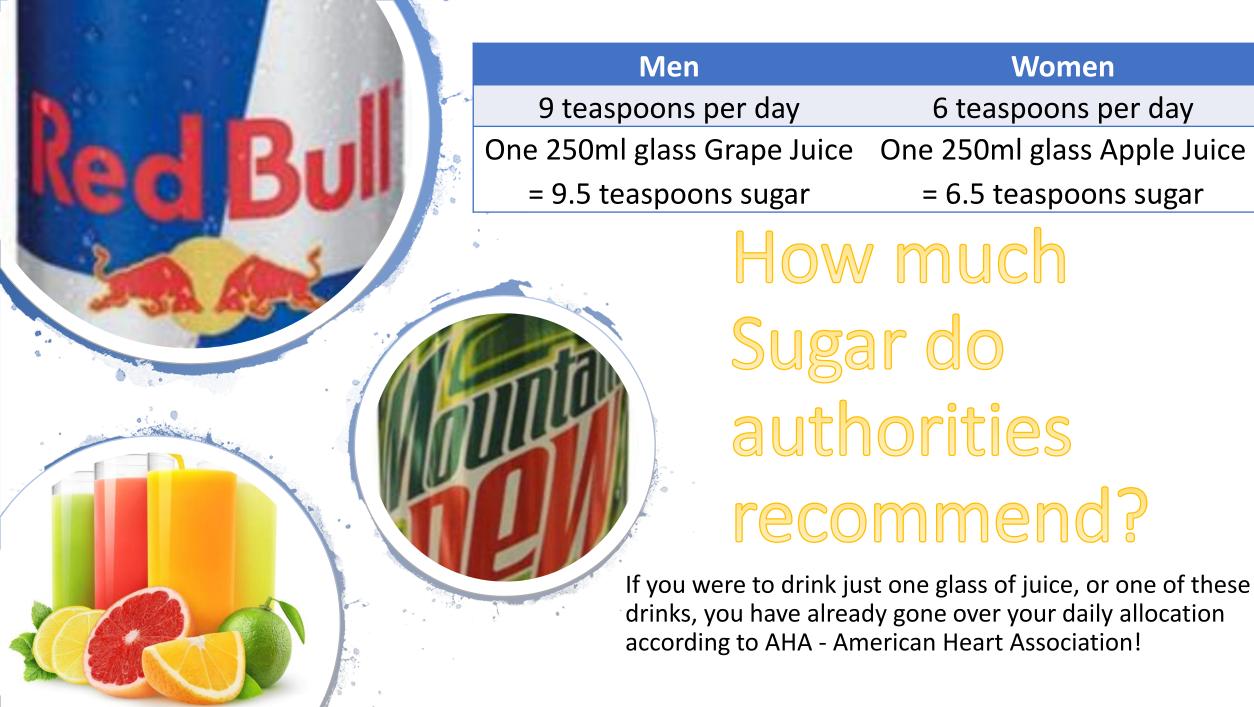


Fizzy Sodas

Mountain Dew	Red Bull
46.9 gr sugar	39.1 gr sugar
12 teaspoons	10 teaspoons
More than Coke (10)	

Nearly 40% more Caffeine than Coke







For your health's sake, eliminate sugar

For people who are overweight, obese, diabetic or suffering from the Western Diet in any way...it is recommended:

- Consume sugar only once every two weeks, or once every week at the most!
- Soft drinks, baked goods like pastries and processed foods... these foods have no place in the diet of someone who is overweight.
- If you want to be healthy, then you shouldn't be consuming foods that have refined sugar added to them.



High sugar foods to eliminate, or reduce drastically...

More foods:

- Raw or Refined Sugar
- Low Grade Fruit Juices
- Energy Drinks
- Processed Honey
- Syrup
- Lollies
- Sucrose
- Canned Food
- Processed Frozen Dinners

